

Tofu Tacos

written by admin | December 12, 2011



Firm tofu makes a quick and delicious taco filling. I also love to spoon it over heated corn chips or you can create your own taco salad. Don't forget to pile on the fresh toppings!

Equipment:

Chopping board
Skillet

Ingredients:

1 medium onion, chopped or 2 Tbsp onion powder
4 garlic cloves, crushed or 2 tsp garlic powder
1 large bell pepper, diced (optional)
2 Tbsp olive oil
1 package (14 oz.) water packed, organic, firm tofu, crumbled
2 Tbsp chili powder
2 Tbsp nutritional yeast (optional)
1/2 tsp ground cumin
1/2 tsp dried oregano
2 Tbsp soy sauce
1/2 cup tomato sauce

Corn Tortillas Directions:

1. Saute the onion, garlic and bell pepper in olive oil for 2-3 minutes.
2. Add the crumbled tofu, chili powder, nutritional yeast, cumin, oregano and soy sauce. Cook for 3

minutes.

3. Add the tomato sauce and simmer over low heat until the mixture is fairly dry.
4. Heat tortillas in a heavy, ungreased skillet, turning each from side to side until soft and pliable.

To serve, place a small amount of tofu filling in the center of each tortilla, fold the tortilla in half and garnish with your favorite toppings (lettuce, onions, tomatoes, chopped bell peppers, salsa, soy sour cream, avocado or guacamole, black olives, etc.)

from *"Food for Life"* by Neal Barnard, M.D.